

## CLAIMS

The invention is claimed as follows:

1. A lanyard, comprising:  
5 a load-supporting outer sheath;  
a heat shrunk elongation member extending along an inside of the  
outer sheath; and  
first and second spaced apart connection locations in which the  
elongation member is secured to the load-supporting outer sheath;  
10 wherein, the elongation member has an un-stretched heat shrunk  
length between the first and second connection locations substantially shorter  
than a length of the load-supporting outer sheath between the first and second  
connection locations.
- 15 2. The lanyard of claim 1, further comprising a binder yarn and wherein  
the elongation member is secured to the load-supporting outer sheath by the  
binder yarn.
- 20 3. The lanyard of claim 1, wherein the elongation member has elongation  
yarns and is secured to the load-supporting outer sheath by the elongation yarns  
and yarns of the load-supporting outer sheath being interlaced together.
- 25 4. The lanyard of claim 3, further comprising a binder yarn interlaced with  
the elongation yarns and the yarns of the load-supporting outer sheath.
5. The lanyard of claim 1, wherein the elongation member is secured to  
the load-supporting outer sheath by stitching.
- 30 6. The lanyard of claim 1, wherein at least one of the elongation member  
and the load-supporting outer sheath is selected from the group consisting of  
woven materials, braided materials, knitted materials, non-woven materials,  
and combinations thereof.

7. The lanyard of claim 1, wherein a portion of the lanyard has a portion of the elongation member extending to an exterior surface of the load-supporting outer sheath.

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8. A lanyard, comprising:  
a tubular-shaped webbing;  
heat-shrunk elongation yarns inside of the tubular-shaped webbing;  
first and second spaced apart binder portions in which the heat-shrunk  
10 elongation yarns are secured to the tubular-shaped webbing; and  
an expansion portion between the first and second binder portions in  
which the heat shrunk elongation yarns are extensible relative to the tubular-  
shaped webbing and the tubular-shaped webbing is in a gathered position.

15 9. The lanyard of claim 8, further comprising a binder yarn and wherein the heat-shrunk elongation yarns are secured to the tubular-shaped webbing by the binder yarn.

20 10. The lanyard of claim 8, wherein the heat-shrunk elongation yarns are secured to the tubular-shaped webbing by the heat-shrunk elongation yarns and yarns of the tubular-shaped webbing being interlaced together.

25 11. The lanyard of claim 10, further comprising a binder yarn interlaced with the heat-shrunk elongation yarns and the yarns of the tubular-shaped webbing.

12. The lanyard of claim 8, wherein the heat-shrunk elongation yarns are secured to the tubular-shaped webbing by stitching.

13. The lanyard of claim 8, wherein at least one of the heat-shrunk elongation yarns and the tubular-shaped webbing is selected from the group consisting of woven materials, braided materials, knitted materials, non-woven materials, and combinations thereof.

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14. The lanyard of claim 8, further comprising another binder portion in which the heat-shrunk elongation yarns are secured to the tubular-shaped webbing with a different structure than the first and second binder portions.

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15. The lanyard of claim 8, further comprising a hardware attachment portion having a portion of the heat-shrunk elongation yarns extending to an outside of the tubular-shaped webbing.

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16. A method of making a lanyard, comprising the steps of:

forming an outer sheath and elongation yarns within the outer sheath;  
securing the elongation yarns to the outer sheath at connection locations; and

reducing a length of the elongation yarns between a pair of the connection locations.

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17. The method of making a lanyard of claim 16, wherein the reducing step further comprises heat treating at least the elongation yarns.

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18. The method of making a lanyard of claim 16, wherein the securing step further comprises interweaving a binder yarn with the elongation yarns and yarns of the outer sheath.

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19. The method of making a lanyard of claim 16, wherein the securing step further comprises interweaving the elongation yarns and yarns of the outer sheath.

20. The method of making a lanyard of claim 19, wherein the securing step further comprises interweaving a binder yarn with the elongation yarns and the yarns of the outer sheath.

5 21. The method of making a lanyard of claim 16, wherein the securing step further comprises sewing the elongation yarns and the yarns of the outer sheath together.

10 22. The method of making a lanyard of claim 16, wherein the reducing step does not substantially reduce a length of the outer sheath between the pair of connection locations.